

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Loaded Potato Soup

Makes six (1 ½ cup) servings

Think baked potato with the works cooked into a soup. Cauliflower is added for some stealth health but bacon and cheese (in lesser amounts) make this a soup a comfort food favorite.

Ingredients

4 bacon slices
1 cup finely diced onion
3 tablespoons flour
1 quart low-sodium chicken broth
2 cups 1% or skim milk
2-3 baking potatoes (about 2 pounds), peeled and diced ½ inch cubes
½ head cauliflower, chopped into fine, crumbly pieces (about 2 cups)*
½ teaspoon salt
¼ teaspoon pepper
1 cup (4 ounces) 2% fat shredded cheddar cheese - divided
5 ounces plain Greek yogurt **or** low-fat sour cream
3 scallions, finely chopped

Directions:

1. In a large stock pot, cook bacon slices until crisp. Remove bacon and place on a paper towel to drain, leaving drippings in the pot.
2. Add onions and cook until soft, about 3-4 minutes. Add flour and cook 1 additional minute.
3. Whisk in chicken broth and milk until well combined. Add diced potatoes, cauliflower, salt and pepper. Bring to a boil then reduce heat and simmer 20-25 minutes, until potatoes are soft.
4. Turn off heat. Stir in ½ cup of the cheese until melted.
5. Using a potato masher, partially mash the soup, leaving some potato chunks whole.
6. Finely chop the cooked bacon strips. Serve soup garnished with bacon, remaining cheddar cheese, a dollop of Greek yogurt, and scallions.

Recipe Note:

1. *May use a food processor to chop cauliflower; just pulse until it looks crumbly.
2. If you like a smoother soup just puree in a blender or food processor.

Nutritional Information per serving:

Calories: 257	Carbohydrates: 39g
Total Fat: 4g	Cholesterol: 11mg
Saturated Fat: 2g	Dietary Fiber: 4g
Protein: 17g	Sodium: 480mg

